

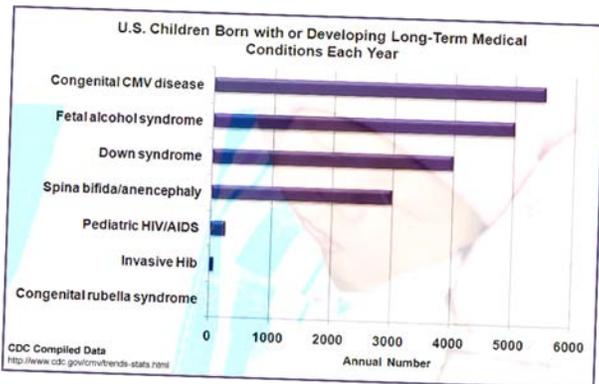
Cytomegalovirus - CMV

What is CMV?

- Cytomegalovirus (say toe MEG a low vy rus), or CMV, is a common herpesvirus that affects people of all ages.
- Most CMV infections are “silent”, meaning most healthy people who are infected with CMV have no signs or symptoms. Others may feel like they have the flu.
- When CMV infection occurs during a woman’s pregnancy, the baby can become infected before birth. CMV infection before birth is known as “**Congenital CMV**”.
- **About 1 of every 5 children born with Congenital CMV infection will develop permanent problems due to the infection.**



Congenital CMV is the leading non-genetic cause of childhood hearing loss.



Why should I be concerned about CMV?

Congenital CMV infection causes more long-term problems and childhood deaths than Down syndrome, fetal alcohol syndrome, and neural tube defects.

What can I do to prevent CMV?

If you're pregnant or planning a pregnancy, the best way to protect your baby from CMV is to protect yourself.

- 1) When you kiss a young child, try to avoid contact with saliva. For example, you might kiss on the forehead rather than the lips.
- 2) Try not to put things in your mouth that have just been in a child’s mouth. For example:
 - Cups
 - Forks or Spoons
 - Pacifiers
- 3) Try not to share food, drinks, or a toothbrush with a child.
- 4) Wash your hands after touching a child’s saliva or urine, especially after:
 - Wiping a child’s nose, mouth or tears
 - Changing diapers
- 5) Use soap and water or a disinfectant to clean toys, countertops, and other surfaces that may have a child's saliva or urine on them.





Permanent health problems or disabilities due to congenital CMV include:

- Hearing loss
- Vision loss
- Developmental disability
- Small head size
- Lack of coordination
- Seizures

What happens if a **pregnant woman** contracts CMV?

- When infected with CMV, most women do not know it, but some may have symptoms resembling mononucleosis or influenza.
- About 40 of every 100 women who become infected with CMV for the first time during a pregnancy will pass the infection to their infant.
- For pregnant women, one of the most common ways they are exposed to CMV is by **contact with saliva or urine of children** who recently had the virus.
- Women can also be exposed to the CMV virus through body fluids during sexual activity.



Where can I go for more information?

- **If you have concerns about CMV infection or are pregnant or planning a pregnancy, talk with your healthcare provider.**
- health.utah.gov/CMV or (801) 584-8215
- www.MotherToBabyUT.org or (800) 822-2229
- www.cdc.gov/cmV/

Am I at risk for CMV?

- Pregnant women should avoid getting body fluids in their eyes, nose or mouth. The risk of getting CMV through *casual* contact is very small.
- Research shows that women who work closely with young children in settings such as child care facilities or those who participate in high-risk sexual behaviors are at greater risk.
- Even if you have had CMV infection in the past, you are still at risk of the virus re-activating or of being infected with a different strain of CMV virus while pregnant.

